

Life Coaching Chart- What is Important to You?

Before your first coaching session, I want to investigate what is important to you and what you know about how I can help you. Below is a chart that will help you using the I-CAN-DO coaching model that we will be using.

INVESTIGATE- what is important to you?

CURRENT-what is your current situation?

AIMS-what are your aims (goals)?

Use the space on this form to record your thoughts.

Once you have decided your aims/goals you will complete the **Alternative Methods to Meet Goals** form to further examine the following:

NUMBER-what is the number of alternative ways of achieving the aims/goals?

DATE-By what date do you want to achieve your aims/goals?

Lastly, you'll complete the **Outcome Indicators** form to clarify your achieving your goal(s).

OUTCOME-What are the outcome indicators (how will you know you've reached your goal(s)?

But first what is important to you for each of the topics listed here?

Topic	Current situation	Hours per week spent on this	Future aims/goals
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Health

What is important to you when you consider your health?

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Wealth

What constitutes a wealthy life for you?

Family

What and who are important to you regarding your family?

Relationships

Who is important to you?

Contribution

How important is your contribution to the world?

Spiritual

What is important to you as far as spiritual growth is concerned?

Career/job

What is important to you in your work?

Playtime

What do you do just for fun?

Lack

What other areas in your life require attention?

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